



6 - Circus!!

8- Seabees Win

Brief Notes

Paving in February and March will be performed on the Hirase area of Main Base and will affect the parking areas and roads by Bldg. 80, the Harbor View Club, Shogun Cafe, the Navy Lodge and the Wisconsin Loop.

The loop passes in front of Bachelor Enlisted Housing (BEH) Bldg. 1604 and PW63. This area is reduced to one lane traffic from 8 a.m. to 4:30 p.m. each working day.

Please be attentive to directions given by flagmen and follow safe driving practices when driving through construction areas.

Contact ROICC at 252-3469 for more information regarding paving work

Command Connections

Tuesdays at 5:30 p.m. on 1575 AM Thunder Radio.

USO Notes

USO is sponsoring a **quilt project** to benefit the Women's History Month banquet. Please contact Elizabeth Baker at 252-3592 or DJ Stanhope at 090-3012-5867 for more details.

Sasebo Stitching Group meets second and fourth Fridays 6:30-8:30 p.m. at the Nimitz Park USO. Bring a project and join us, or help us produce a quilt for Women's History Month. Call DJ at 090-3012-5867 or Caren at 252-7310 for details.

Sasebo Scrapbook Group Meets the first Monday of the

month from 10 a.m. - 2 p.m. and 5:30 - 9:30 p.m. Learn how to make your memories into a work of art! Supplies available for purchase or bring your own. Call DJ at 090-3012-5867 for location and details.

USO Charity Auction (in support of Women's History Month), Harbor View Club, Mar. 5. Tickets are \$5 and are available at the Fleet Landing USO, or contact any member of the Women's History Month Committee. First 100 people receive a free gift--several fabulous door prizes will be given away throughout the event.

Weather

Sunday: Cloudy H 46° L 38° Monday: Mostly Cloudy H 47° L 39°

DUI Counter:

68 days as of Feb. 24

Former Presidents visit Fort Mac



Two former U.S. Presidents walk through "Rainbow Sideboys" as they are piped aboard USS Fort McHenry (LSD 43) Sunday, Feb. 20, while the Sasebo, Japan-based dock landing ship steamed off the Indonesian coast. Sailors and Marines greeted the former commanders-in-chief as they toured various spaces aboard ship, met with many of the ship's crew and received operational briefings on their participation in humanitarian relief efforts. (Official U.S. Navy Photo)

Journalist 3rd Class David J. Ham *USS Fort McHenry (LSD 43) Public Affairs*

Former U.S. Presidents George H.W. Bush and Bill Clinton visited Sailors and Marines aboard USS Fort McHenry (LSD 43) Feb. 20, as they finished humanitarian relief efforts in tsunami-ravaged Southeast Asia.

After stepping off a CH-46 Sea Knight helicopter, both former chief executives were greeted by a proud crew of Sailors and embarked Marines. Fort McHenry's commanding officer, Cmdr. Mark Weber, and the commander of the embarked Marines, Col. Steve Busby, were up front and greeted both men.

The crew had many photo opportunities with the former presidents, an opportunity many of them were happy to take advantage of.

"It was neat to see the two of them (Bush Sr. and Clinton) together," said Quartermaster Second Class Amanda Faucette. "It really goes to show that what we've done out here has really made an impact."

When asked about their reactions on seeing the destruction that the tsunamis left behind, both former presidents responded that they didn't know what to think at first because they have never seen anything quite like it.

"You really can't appreciate the scope of the disaster until you have seen it," said Clinton.

Bush said the rapid response to send



Former U.S. Presidents pose for a photo with Sailors and Marines aboard USS Fort McHenry (LSD 43). The crew onboard Fort McHenry have been participating in tsunami relief efforts in Southeast Asia. (Official U.S. Navy Photo by PH1 Michael D. Kennedy)

out ships to help in the relief efforts was amazing, and the generous support of the American people to this region, "pretty much speaks for itself."

Clinton said the leaders of Thailand and Indonesia have shown a great amount of gratitude towards the United States for the tireless efforts that the military has shown during the time of need that has been evident since the tsunamis hit the area.

"They (The Thai and Indonesian government and people) have gone out of their way to say how much they appreciate the support that has been provided by the United States (military) forces."

Bush and Clinton said they are very grateful for the tireless efforts they have seen by members of the Blue/Green team, and wished that every American could see the hard work and dedication during this humanitarian relief operation.

Fort McHenry's commanding officer agreed.

Please see **Presidents**, Pg. 4

New USFJ/HQ 5AF Commander takes helm

Eric Hilliard

5AF Public Affairs

This is the second of a two-part article, continued from last week's edition of Soundings.

For Wright, an airman with 30 plus years in the service, there is no doubt that he is a firm believer in joint operations. "

"I've been doing this for a number of years and I have a good understanding of joint warfighting. Wherever we go in the world, we will be working in a joint and coalition environment," he said.

He underscored his point by addressing the vital relationship the United States has with Japan and how our bilateral efforts proved very successful in operations like Enduring Freedom and Unified Assistance with historic deployments by the Japan Self Defense Force (JSDF). "The U.S.-Japan relationship is the most important alliance in the world at this point in history, said Wright. The relevance of our U.S.-Japan security relationship is founded on

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings PSC 476 Box 93 FPO AP 96322-1100 joint and bilateral military operational capability. By working closely together with our JSDF counterparts, we contribute in a unique and significant way to stabilize in this part of the world, and defend the sovereignty of our nations."

Wright said he is looking forward to working with his Army, Navy, Air Force and Marine counterparts. He acknowledges that working together can sometimes be challenging, but he also says that as our services become smaller, we are going to have to depend

on each other that much more. "We can't train, deploy and employ effectively unless we do it jointly," Wright said.

Some additional challenges Wright foresees

include trying to continue to be as combat ready as possible and to be a good coalition partner.

"All of our U.S. military services bring a lot of capability. The challenge is to work together and it is critical that we do so," Wright said. "A related challenge is to work with our Japanese counterparts. We have proven that we can do it well and we have seen a great return on the investment of time, leadership and effort in terms of maintaining stability in the region — but that does not mean it has been easy," he said.

In talking about regional security, Wright said that East Asia is challenging and unpredictable. "The military capabilities in this part of the world — in the hands of those who are not

necessarily our allies — have grown substantially in the eight years that I have been gone. These capabilities have to give us pause and force us to constantly plan for the unexpected. We have to be ready for any consequence or contingency that might evolve in the region," he said.

Wright also spoke of commitment: to ensuring the men and women of US Forces Japan are committed to being professional, committed to taking care of each other and their families, and committed to zero safety-related mishaps

that destroy our outstanding people and the resources they need to accomplish our mission."

The way to ensure safety is constant and total commitment to professionalism, he said. "Safety programs are not effective because you have a safety officer. They are effective because of the chain of command's commitment to combat readiness. If you are serious about combat readiness, you are committed to 24/7 professionalism and you must be committed to taking care

of your people and your weapons systems."

In keeping with the safety theme, Wright explained that Air Force Chief of Staff Gen. John Jumper set an Air Force safety goal of zero mishaps. There are some who would say that goal is unachievable.

"I believe that goal is very achievable," said Wright. "You are all here today because every time you sit in a car, your goal is zero mishaps. I am here after flying airplanes for 30 plus years because every time I walked out to that airplane, my goal was zero mishaps. My goal when I get up in the morning is zero mishaps. When my wife and I get in a car together, our goal is zero."

Wright also reiterated how honored he was to be back in Japan — to work with and lead world-class Soldiers, Sailors, Airmen, Marines and Coastguardsmen in his command.

"When you make friends here in Japan, they are your friends for the rest of your life," he concluded.

"Families are critical to everything we do and I am absolutely committed to taking care of families."

and fatalities.

-Lt. Gen. Bruce A. Wright USFJ and HQ 5th Air Force Commander

taking care of families," Wright said. "If you can take of the family, combat readiness requirements are more achievable. So it should not surprise you that my number one priority is our people," he said.

"Families are critical to everything we

do and I am absolutely committed to

Along with taking care of the families, Wright expects everyone to do their part in being safe.

"Twenty-four seven commitment to safe operations is the foundation of combat readiness and sustainment of high levels of readiness. We cannot afford to lose even one of our military members. Every military member is singularly valuable," Wright said. "We cannot afford accidents

Safety Corner: A checklist for poison prevention

Charles Carr

CFAS Safety Department

Young children may put anything in their mouths. Children ages 1 to 3 are at highest risk. This is part of learning. Many household products can be poisonous if swallowed, if in contact with the skin or eyes, or if inhaled.

Common examples

Medicines: Aspirin, tranquilizers, sleeping pills, iron pills. Household products: Mothballs, furniture polish, drain cleaners, weed killers, insect or rat poisons, lye, paint thinners, bleach, and cosmetics.

Safety Rules

Keep harmful products out of your child's sight and reach. Take extra care during stressful times. Never call medicine "candy." Buy medicine and household products in childproof packages. Always replace the safety caps immediately after use.

Never leave alcohol within a child's reach. Seek help if your child swallows a substance that is not food. Dial 911 for help and assistance. Keep products in their containers. Never put inedible products in food or drink containers. Read labels with care before using any

product. Teach children not to drink or eat anything unless an adult gives it. Do not take medicine in front of small children. Children tend to copy adult behavior. Be alert for repeated poisonings. Children who swallow a poison are likely to try again within a year.

Poison Lookout Checklist

Take a look at the Poison Lookout Checklist on this page to help keep poison in gaccidents from happening. A life may depend on it! Follow this checklist to learn how to correct situations that may lead to poisoning. If you answer "No"

to any questions, fix the situation quickly. Your goal is to have all your answers "Yes".

The Kitchen

Do all harmful products in the cabinets have child resistant caps?
Yes_____ No____

Are all potentially harmful products in

their original containers? Labels on the original containers often give first aid information if someone should swallow the product. If products are stored in containers like drinking glasses or pop bottles, someone may think its food and swallow it. Yes_____ No____

Are harmful products stored away from food?
Yes_____ No___
Have all potentially harmful products been put up high and out of reach of children?
Yes_____ No____

The Bathroom

Did you ever stop to think that medicines could poison if used improperly? Many children are poisoned each year by overdoses of aspirin.

Yes	No)			
Do yo	our as	spirins a	nd c	ther p	otentially
harmful	prod	ducts h	ave	child-	resistant
closure	s?	Yes		No	
Are all	med	dicines	in	their	original
containe	ers wi	ith the c	rigir	nal labe	els?
Yes	N	lo	_		

CFAS observes Women's History Month in March

LT Maribel Mercado

CFAS Staff Judge Advocate

"Women Change America" is the theme for National Women's History Month to be celebrated during the month of March. This celebration which is designated by joint resolutions of the House and Senate and proclamations by five American Presidents, is an opportunity to honor and celebrate women's historic achievements.

This year marks the 25th anniversary of the multicultural women's history movement and the 85th anniversary of women in the United Sates winning the right to vote.

Twenty-five years ago the National Women's History Project in order to address the absence of information about women in America's schools led a movement to have Congress designate a special focal celebration to recognize women's historic achievements The goal was to ensure that information about the myriad ways women have changed America would be part of educating our future generations. Knowing who women are and all they have accomplished challenges stereotypes of women as passive, non participants in our culture and history.

President Jimmy Carter issued the first Presidential Proclamation calling on the American people to pause and remember the contributions of women. In 1987, 14 governors had declared March as Women's History Month and that same year, Congress and the President followed by declaring March as National Women's History Month.

This year's theme, "Women Change America", celebrates and recognizes the role of American women in transforming our culture, history and politics. This theme also honors women as leaders, writers, scientists, educators, politicians, artists, historians and informed citizens.

The purpose of women's history is not to idealize women or have some extra activities during the month of March. On the contrary, the stories of women's achievements present a full view of the complexity and contradiction of living a full and purposeful life. Many of the women who changed America were seen in their own times as difficult, controversial. They often challenged the social customs and even the legalities of the times for which we should always be grateful.

The Women's History Month Committee has already done fundraising during the month of February in order

to honor women who changed America here in Japan and will hold other activities during the month of March.

Tuesday, March 1 will be the deadline to nominate a woman who has changed America here in Japan. Nomination forms are available at the Staff Judge Advocate's (SJA) Office in Bldg. 80. Winners will be honored during the luncheon on March 25.

On March 5, the USO has an auction and the committee will be selling tickets and delivering furniture. On March 16 at 11 a.m., a Brown Bag Meeting will be held at the Community and Education Center titled "Women in the Military, Two Stories".

On March 25, the Women's History Month Luncheon will be celebrated at the Harbor View Club from 11 a.m. to 1 p.m.

In order to volunteer and share in the celebration, please contact the SJA office or your command representative working for the committee.

Join us in the celebration because women's history is the story of inspiration and hope. It is the story of courage and tenacity. Women's history is our nation's story. It is the story of how women have changed America, and how they will continue to do so with purpose and renewed strength in the future.

Career Management System offers expanded service

JOCS Karen Suich

Navy Personnel Command Communications

Navy Personnel Command (NPC) has launched a new, improved Job Advertising Selection System (JASS) currently used by commands, career counselors, Sailors and detailers to make career choices.

The new system is referred to as the JASS Career Management System (JCMS) and will be rolled out in

several phases over the next several months.

"It has been a seamless transition for Sailors looking at available opportunities and applying for jobs," said Master Chief Aviation Boatswain's Mate (AW) Bill Place, the Enlisted Assignments leading chief petty officer (LCPO) at NPC in Millington, Tenn.

JCMS bridges the gap between the legacy distribution systems (JASS) and the Sea Warrior CMS functionality utilizing today's legacy

"The system provides Sailors a Web-based distribution system linked to the Five Vector Model (5VM)," explained Place.

The initial applications of JCMS introduce the concepts of Job Family/Job Code and Job Title.

Job Family classifies work that is similar in nature. The Job Title would be specific jobs within the rate. For instance, for culinary specialists (CS), the Job Code would numerically break down to the first three digits representing the job family and the last three digits representing the job title, such as baker, record-keeper or watch captain. The Job Code is still in development and will break things down even further as additional applications are brought into play.

Sailors who have logged on to Navy Knowledge Online (NKO) have already begun to see the benefits of CMS. They now have a direct link to their 5VM and access to their enlisted master file, a reference page containing personal career and contact data. Detailers are noticing the difference, too, as they take advantage of an additional avenue of direct feedback to the service member.

"Our Machinist's Mates can now get a quick response through email telling them whether they were selected for the job they want," said Surface Machinist's Mate CPO detailer, Chief Machinist's Mate (SW) Joseph DeMun. "It's a huge time saver because they don't have to wait until JASS is updated, and we can keep them immediately informed of any status changes with their applications."

The recent activation of JCMS is just the beginning, though. Sailors are already seeing more information at their fingertips than ever before. With NKO, they're receiving alerts and notifications of billets that will enhance their careers and meet personal criteria they entered

in the system.

"At this point, we are seeing about 9,000 hits between the NKO and JASS access to JCMS each requisition cycle," said Master Chief Operations Specialist (SW/AW) Pat Lumley, PERS-4 senior enlisted advisor, explaining why this access to JCMS is of value to the individual Sailor. "This system provides customized data for each Sailor to help them make the best, most career beneficial job choices to apply for."

JCMS is easy to access through the <www.nko.navy.mil>, <www.bupers.navy.mil>and <www.bupersaccess.navy.mil> sites. Sailors will only be able to access their five-vector model (5VM) using the <www.nko.navy.mil> link.

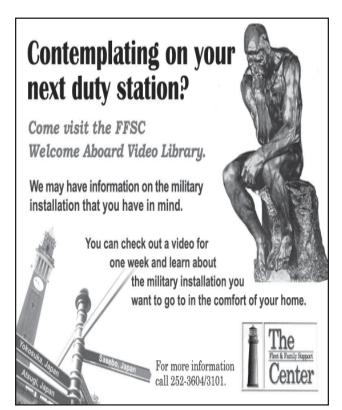
"In JCMS, every Sailor will have the opportunity to select open requisitions and compare career growth opportunities via the 5VM," said Lumley. "Delivering these capabilities is a huge win in allowing Sailors to make a more educated career decision, which directly impacts career growth."

For more information on JCMS, visit <www.bupers.navy.mil> or call 1-866-U-ASK-NPC.

Nagasaki Lantern Festival



Crowds wander down a side alley during the Nagasaki Lantern Festival. The Lantern Festival is a celebration of the Chinese New Year which is based on the lunar calendar. 12,000 paper lanterns adorn the streets and buildings of Nagasaki during the festivities. U.S. Navy photo by PH1 (SW) Paul J. Phelps



Navy releases updated Selective Reenlistment Bonus award levels

Lt. Kyle Raines

Chief of Naval Personnel Public Affairs

The Navy released the latest Selective Reenlistment Bonus (SRB) award levels, effective Feb. 1 for eligible Sailors reenlisting in zones A, B or C, in a naval message.

This message updates the SRB multiples the Navy released in November in naval administrative Message (NAVADMIN) 260/04.

"The SRB program is another example of our Human Capital Strategy's aim to ensure we have the right Sailors, with the right skills, in the right jobs and this program helps us achieve that goal," said Chief of Naval Personnel Vice Adm. Gerry Hoewing.

"It is a flexible incentive for the Navy to encourage retention in ratings where skilled Sailors are needed and in turn provides those Sailors with greater financial compensation," said Hoewing.

The multiples for 33 ratings in both zone A and B increased over the previously published levels.

Sailors in zone A have less than six years of service, while Sailors in zone B have between six and ten years

In zone C, Sailors who have been in the Navy between

increase in award levels.

Several ratings now have an SRB in certain zones where previously none existed: Quartermasters, zones A, B, C; Cryptologic Technician Technical, zones B and C.

Aviation Boatswain's Mate Fuel, Aviation Boatswain's Mate Handling, Engineman, Damage Controlman and Hull Technicians now have SRBs in zone A, as well.

'The Navy will continue to closely monitor retention among our critical skill sets, and we will issue another SRB message as fleet requirements dictate," said Rear Adm. Jerry Talbot, director of Military Personnel Plans and Policy Division in Washington.

Sailors whose SRB levels decreased have a 30-day grace period to reenlist at the higher rate.

Compared to the November message, there were 13 ratings in zone A that decreased, 15 ratings in zone B and three in zone C that also decreased.

The decreases go in to effect March 3.

For more information, contact your command career counselor or view the NAVADMIN online at:

<www.npc.navy.mil/ReferenceLibrary/Messages/</p> NAVADMINs/MessageDetails/020 05.htm>.

ten and 14 years, there were 37 ratings that showed an For related news, visit the Chief of Naval Personnel Navy NewsStand page at <www.news.navy.mil/local/cnp>.

Presidents, from Pg. 1

"I am tremendously proud of the entire crew and embarked personnel in support of this visit and their extraordinary efforts over the last two months to relieve the suffering of tsunami victims following this horrific disaster," Weber said. "The former presidents' visit was a rewarding afternoon and a once-in-a-lifetime opportunity for our fine Sailors and Marines—enjoyed immensely by all, and I am sure it will never be forgotten."

Fort McHenry is a dock landing ship forward deployed to Sasebo, Japan, and is part of the forward-deployed USS Essex Amphibious Ready Group.

The ship departed Sasebo Jan. 2 in support of Operation Unified Assistance. Fort McHenry alone delivered more than 1.2 million pounds of water, food items and clothes.

Fort McHenry also delivered more than two thousand pounds of supplies personally collected by communities within Fleet Activities Sasebo.

Medical teams embarked on Fort McHenry provided medical care to 97 people and dental care to 58.

Amphibious Group One observes African-American Heritage Month

JO2 James Kimber

Amphibious Group One Public Affairs

Throughout the month of February, Amphibious Group One (CPG1) will observe the 29th annual African-American History Month.

The command's observance month will commemorate the 100th anniversary of the Niagara Movement, also the theme for this year's African-American History

According to Chief Ship's Serviceman (SW) Raymond T. Riddley, CPG1 equal opportunity advisor, the Niagara Movement of 1905 is considered to have been the origins of the Civil Rights Movement of the 1960s.

'Many people see the Civil Rights Movement of the 1960s as the beginning for racial equality," said Riddley. "However, the Niagara Movement is important in American history because it's considered the first time prominent African-American leaders, led by W. E. B. Du Bois, gathered to put in writing the demands of full civil liberties, abolishment of racial discrimination and the recognition of human brotherhood.'

February's selection for African-American History Month dates back to 1926. Dr. Carter G. Woodson, a Harvard Ph.D., initiated one week in February to be set aside for African-American heritage observance. This week was to include the birthdays of Abraham Lincoln and Frederick Douglas who, at the time, were the most significant figures in African-American heritage. This heritage week became a month-long commemoration in 1976 in celebration of the American Bicentennial.

"It was Dr. Woodson's hope that through this special observance, all Americans would be reminded of their ethnic roots, and all racial populations would develop a mutual respect," said Riddley.

Riddley says it's important for all Sailors to learn about African-American history because it's an integral part of the American culture that helped to shape and build a

stronger American society.

"African-American history is not just about African-Americans, it's about Americans in general," said Riddley. "However, in fairness of recognition, African-American History Month highlights significant events which took place in our history both suffered and achieved by African-Americans.'

CPG1 plans to commemorate African-American History Month at their Okinawa headquarters February 25, whereas, CPG1's Sasebo detachment is collaborating with Fleet Activities Sasebo in commemorating African-American History Month with a presentation banquet Feb. 26 at the Harbor View Club.

Amphibious Group One is the Navy's only forward deployed amphibious force command-and-control staff. CPG1 has two detachments operating out of White Beach Naval Facility, Okinawa, Japan and Sasebo, Japan.

Juneau, Mashu complete joint replenishment-at-sea exercise

Ens. Jesus Rodriguez

USS Juneau (LPD 10) Public Affairs

USS Juneau (LPD 10) and the Japanese Maritime Self-Defense Force (JMSDF) ship JDS Mashu met for a Replenishment -At-Sea (RAS)

The refueling highlighted the significant contribution of the Japan Maritime Self Defense Force to the Global War on Terrorism (GWOT). 'The RAS we held with the JDS

Mashu has a greater significance than merely meeting our operational commitments," said Postal Clerk First Class (SW/AW) Nathaniel Pleasantbey, Juneau command custodian of postal effects. The successful completion of these types of operations serves to strengthen the bonds of cooperation between the United States.



USS Juneau (LPD 10) and the JDS Mashu recently participated in a Replenishment-At-Sea. The refueling highlighted the significant contribution of the Japan Maritime Self Defense Force (JMSDF) To the Global War on Terrorism. (Released by CFAS Public Affairs)

the U.S. Navy, and our host nation as well."

"It's always interesting and great training to see how another navy does things. That was the most professional

and squared away RAS I have done in a long time. We can learn a lot from the Japanese," said Senior Chief Boatswain's Mate (SW) Vincent A. Vuketich. Juneau deck department leading senior chief petty officer.

"It was very organized witnessing something I have never seen in my time in the Navy," said Boatswain's Mate 3rd Class Brandon M. Nelson.

"The approach with the JDS Mashu was

professional. They didn't waste any time to get the evolution started," said Ensign Andy D. Gianino, Juneau's damage control officer. "It's great to see that the JMSDF is also supporting our common cause, the war against terrorism."

"It's one thing to see the Japanese ips in Sasebo, but it is indeed an hono to work side by side on the high seas with our host nation partners in the Global War on Terrorism," said Cmdr. Todd A. Lewis, Juneau's executive officer. "It's amazing to look 180 feet across from our ship and see the professionalism and precision at which the Japanese Sailors work. They are very good at their craft."

Capt. Ronald Horton, Juneau's commanding officer, added, "We have an awesome relationship with the Japanese. It was an honor having them along side the Mighty 'J'. They are very professional and their ship was immaculate. I have done three tours in Japan and I have to say, I am proud having them as our allies."





3-6-9 Bowling Tournament

You still have time to participate in the 3-6-9 Bowling Tournament scheduled for Saturday, Feb. 26 at the Spare Time Recreation Center. The tournament (for 18 years and older), will get underway at 6:30 p.m. Cost per participant is \$15. The tournament consists of 3 games of bowling. Every third, sixth and ninth frame will be automatically scored as a strike. Highest total pinfall will determine the winner. Total number of participants will determine the prize money. For more information, call 252-3634.

Bio Park Interactive Zoo

Take the family to the Bio Park Interactive Zoo with Travel & Tours on Sunday, Feb. 27 and experience animals from around the world as well as exotic plants and other attractions. There are 12 geographical areas where you can see and touch animals. Cost, including transportation and entrance fees, is \$15 for adults, \$10 for those 12-17, \$8 for children ages 4-11 and \$4 for youngsters 3 and under. Call 252-3433.

Friendship Sports Tournaments

Sports fans are reminded they have until Wednesday, March 2 to get their team rosters in to the Fleet Fitness Center if they plan to participate in the Friendship Sports Tournaments scheduled for Saturday, March 5. The tournaments offered include 4-on-4 mini soccer and table tennis. Awards to the top three teams in each event. For more information, call 252-3588.

Spouse Bowling League Now Being Formed

All SOFA-sponsored spouses are invited to join a newly formed Spouse Bowling League at the Spare Time Recreation Center every Wednesday morning from 10 a.m. until noon starting Wednesday, March 2. The cost,

including 3 games of bowling and shoe rental, is only \$10 per bowler. The Bowling Center staff will be responsible for all secretarial duties and will administer the league, although a committee of bowling participants will be selected to manage prize distribution and plan and coordinate the league banquet. Parents are welcome to bring along their children during league play. For more information, call 252-3634.

Karatsu City Day Tour

Sign up now for the next Karatsu City Day Tour scheduled for Saturday, March 12. Cost, including transportation, escort and entrance fees is only \$16 for adults, 4-14 \$12, and 3 & under \$6. You'll visit Karatsu Castle and many other historic sights in and around the Karatsu area. For more information, call 252-3433.

Kyoto City Four-Day Getaway Tour

Travel & Tours has scheduled an 'Adults Only Special' Kyoto City Four-Day Getaway Tour Wednesday through Saturday, March 23-26. Cost is \$100 per person, including transportation and all entrance fees (hotel and meals are **not** included). You'll stay at a Holiday Inn hotel for three nights and over the next few days you'll visit the Golden Pavilion (Kinkaku Ji Temple), Nijo Castle, the Heian Shrine, Kiyomizu Temple, To-ji Temple, Sanjyusangen-do Temple, the Tenryuji Temple, Jojakkoji Temple, Sagano Bamboo Grove, Togetsu Bridge and many other exciting places in the area. Be sure to bring yen and dress for the weather. Holiday Inn accepts major credit cards. For more information, call 252-3433.

Nimitz Park Closed to Vehicle Traffic

Remember, Nimitz Park will be closed to vehicle traffic until Monday, March 21, 2005 in order to pave all roads and parking areas in the park. The park will remain open to pedestrian traffic. For more information, call 252-3472.

March Madness 5K Run

The Fleet Fitness Center has scheduled the Annual March Madness 5K Run for Friday, March 4 at Nimitz Park. The race will get underway promptly at 11:30 a.m. in front of the USO. Awards to the top finishers in each division. For more information, call 252-3588.

Living in Japan: Sasebo has lost a hero

Bow your heads - at 8 p.m. on Tuesday, Feb. 15, 2005, our American community in Sasebo lost a hero. A man most of Fleet Activities Sasebo's transient residents didn't even know existed. A stealth figure who went about his daily job and his good deeds, then spent most of his evenings sitting on a stool at the Chief's Club or Shooters, out in town. This man was an unlikely hero to be sure. Crusty in speech, direct in confrontation, and one who refused to suffer perceived idiots politely, this Navy salt carved a legacy over the past many years into the hearts of all military retirees throughout Kyushu.

Gary Martin Trask was born 1939 in Binghamton, New York, raised on the Southern Tier of the Empire State and enlisted in the Navy in 1957. His travels carried him to the Far East where he found a wife, a life, and a home.

Retiring in 1985, as a Chief Radioman, Gary tried the Philippines for a while, before settling down in his absolute favorite place on earth, Sasebo, Japan.

A founding member and longtime leader in the Kyushu Military Retiree's Association, Gary saw a need for a local advocate and champion for retiree benefit acquisition, decedent affairs support, and ongoing surviving spouse assistance. He jumped into the breach and became a skilled and very successful combatant through countless skirmishes with the entrenched bureaucracies of the U.S.

Navy, Department of Defense, Department of Veteran's Affairs, and Social Security Administration, in securing benefits for literally hundreds of aging retirees in our rural region of Japan.

Don Quixote had nothing on Gary. He would tilt with the most obstinate governmental windmills until he had beaten them into submission. Never a man to accept the easy answers of, "She's not eligible." or "It's been too long, he can't file for that



Supervisory Programs Manager Fleet & Family Support Center

now.", Gary was tenacious and well-read on the laws and regulations that surround a veteran's benefits. Where the laws weren't on his side, he would often win the battle simply through annoying and abrasive persistence.

He performed so many true miracles in getting annuitant widows death benefits over the years, he was pretty much beatified by local retirees, making him "Saint Gary of the Under-represented." In every conversation I've ever had with these men, and surviving spouses, regarding Gary Trask, there has always been a tone of reverence in their voice when they speak his name.

Knowing Gary for the past five years, it was easy to see him as a man whose mortal soul would find its final rest in a place closely resembling the boiler room on a coal stoked battleship of days gone by – hard toil, much steam, and an intolerable heat. But as I shared with him when I last visited him, the day before he died, he has redeemed himself of any past transgressions through multitude of selfless deeds and unpaid hours he devoted to the well-being and financial security of others.

I'm sure he is now sitting on a comfortable stool at a great celestial Chief's Club, both legs restored, swapping raucous and ribald sea stories with a band of his brothers who greeted him on his arrival. It is an ageless group of men, comprised of those Shipmates who have preceded him. Men whom Gary personally assisted when they were alive, and whose widows are getting by today only due to the personal efforts and dedication of this great man.

Sasebo will dearly miss Gary Trask – with the majority of our residents not even knowing what has been lost.





Darby students enjoy acrobats at Huis Ten Bosch

JOSN Jeff Johnstone

CFAS Public Affairs

Kindergarten and Sure Start students from Darby School were treated to a dazzling show by a professional troupe of acrobats Friday, Feb. 18 at Huis Ten Bosch.

The show was performed by the China Hangzhou Youth Circus. Students were mesmerized by the high flying acrobats, as they performed various balancing acts and feats of strength.

The entertainment featured spectacular athleticism throughout. The show began with pole climbing acrobats leaping and swinging from one pole to another, using either their hands or their knees.

Afterwards, students were treated to a balancing act in which an acrobat balanced on a board atop a cylinder, making standing very difficult. Chairs were then stacked on top of her shoulders and other acrobats stood on top of the chairs. It was an amazing feat of strength and balance.

After a rousing applause from the audience, a cyclist rode in from stage right. As she picked up speed and made laps around the stage, other acrobats jumped on the bike with her. As the ride concluded, over a dozen performers were on one bicycle.



An acrobat shows exceptional balance and strength by balancing on a board on a cylinder and supporting the weight of her fellow performers and some furniture. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

"We came because DoD schools encourages us to learn about other cultures," said Joanne Wolford,

Kindergarten teacher at Darby. "We thought it would be fitting to watch these acrobats from China, since Chinese New Year was earlier this month," Wolford said.

The students were able to attend the show free of charge, because of the good relationship between Darby and Huis Ten Bosch management.

"The students definitely enjoyed themselves, and I was impressed by the whole show," said Wolford. "My favorite part was definitely watching the kids' reactions, though," Wolford said.

Attending field trips can be a good way for the kids to learn while seeing new things and having fun at the same

"The acrobats were a new experience for the kids, and you could see it in their reactions," said Nelie Anderson, a chaperone at the field trip.

"Before the show started, you can see their anticipation. Their imagination gets going too. They'll see one of the

performers and call her a 'princess.' They've never seen anything like this before," said Anderson.



Darby students look on as the acrobats perform their opening act Friday, Feb. 18 at Huis Ten Bosch. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

"Once in a while, it's good for kids to get out of the classroom. When they go on a field trip it's a good experience," said Anderson.

The post game reaction was pretty across the board with the Darby students.

"We both had a lot of fun, said Elise Leitzke and her daughter, Samantha. "We both liked the bicycle part the best, and Samantha always prefers a field trip to being in a classroom," said Leitzke.

SES students participate in Children's Dental Health Month

JOSN Jeff Johnstone

CFAS Public Affairs

Personnel from Branch Health Clinic (BHC), Sasebo visited Sasebo Elementary School Thursday, Feb. 17 to promote Children's Dental Health Month and to talk to Kindergarten through third graders about the importance of good oral hygiene.

According to Lt. Trent Veltkamp, dentist



A dentist at Branch health Clinic (BHC) Sasebo, performs a cursory exam on a Sasebo Elementary School third grade student. Personnel from BHC visited Sasebo Elementary to promote Children's Dental Health Month. (Official U.S. Navy Photo by JO1 (SW) Ron Inman)

at BHC, it is important for children to learn the importance of dental care at an early age.

"It's always better for parents to bring their children in consistently at an early age rather than just when there is a problem," said Veltkamp.

BHC Dental Technicians showed students proper brushing techniques and fun, age appropriate videos promoting oral hygiene.

It's well known that kids can sometimes be afraid to go to the dentist. That's an obstacle that was hoping to be overcome by visiting the children in an environment familiar to them: their school.

> "Seeing the kids in a benign environment like their classroom can make things less intimidating for the kids," said Veltkamp. "They aren't hearing the drills or people screaming or any of that other

"In the event that a young child has to go see the dentist for a routine checkup, we are always as friendly and reassuring as possible," said Veltkamp. "If a child has older siblings, it's also reassuring to the child that they can be right there beside them for moral support," said Veltkamp.

As the kids watched the videos, they were called up one at a time for a cursory exam.

According to Veltkamp, a cursory exam is just a basic analysis of the child's

"We look for any glaring problems such as plaque, gingivitis, cavities or any other outstanding problems that may cause the child to have to go see the dentist right away," said Veltkamp.

In his experience, Veltkamp has seen a community of youngsters who take good care of their teeth.

"If a child has ever had a problem during a visit, it wasn't anything more than a minor cavity," said Veltkamp.

After the videos, the children were quizzed on what they saw, and were informed of how to properly care for their teeth by brushing, the importance of

flossing and the dangers of cavities.

A stuffed dog was an important part of the presentation, because it made learning fun for the kids and increased their participation in the post-video discussions.

For more information on Children's Dental Health Month, or to schedule a dental appointment of any kind, contact the clinic at 252-2550.

Darby celebrating Dr. Seuss

be participating in a weeklong celebration of the late Dr. Seuss's birthday beginning Monday, Feb. 28. Each day of the week will feature special activities in honor of the books Dr. Seuss wrote.

Monday will be a door-decorating contest based on a Dr. Seuss theme. The decorations will be composed of teacher and student efforts. Doors will be judged on that day.

Tuesday will be Hat Day with students wearing wacky hats to go along with The Cat in the Hat and The 500 Hats of Bartholomew Cubbins.

Wednesday will be a large event in the afternoon with mixed groups of students (grades K - 6) rotating

Darby Students in grades between different classrooms. While Kindergarten through sixth grade will visiting class, these groups of students will create projects or work on some book related activity. Also during their rotation, they will stop in the cafeteria and eat cupcakes in honor of Dr. Seuss's birthday while listening to a guest reader.

> Thursday will be Foot Day and students will be encouraged to wear goofy footwear to go along with The Foot Book.

> Friday will be Read In Day. The entire day will be devoted to reading. Teachers will ask guest readers to visit their classes while their children relax and have a good time with books.

> For more information, contact Phillip Enmark at Darby at 252-8800.

CLASSIFIEDS

VEHICLES

(Exp. March 17) **1995 Honda Odyssey**. \$3,600. Seats 7. New JCl and brakes. Includes color DVD player, CD, and extra brakes for future use. Runs perfect. Call 252-8202.

(Exp. March 17) **1990 Toyota Camry**. 4 door,auto 6 cycle. JCl '06. Very dependable car, \$1,500 (OBO). Call 252-8195.

(Exp. March 3) **1990 Mazda Miata Eunos Roadster**. Silver w/black soft top interior, 102,000 km. A/C, Radio/CD stereo. Rollbar. Everything works. Looks/runs good. Sporty, fun car, \$2,000. Call 090-9580-6322.

(Exp. March 3) 1995 **Toyota Estima seven pax van.** 116,000 km., JCl 06. Dependable. Looks and runs great. New shocks, bucket seats w/adjustable armrests. Complete fuel system less than two-years-old. AM/FM cassette, cool/hot box for beverages. Front and rear A/C and heat. 3rd row split fold and stow seats. T.V. ready. Remote keyless carry, power windows/locks/mirrors, \$3,500. Call 252-8240.

MiscellaneouS

(Exp. March 17) Wood frame futon, \$50. Solid oak computer desk, \$50. Small Japanese style couch, \$10. Call 252-8195.

(Exp. March 17) Moving Sale. Almost anything in home for sale. Call 252-8202 for list or to make viewing appointment.

(Exp. March 3) Phone rights for sale, \$275. Call 252-7416.

(Exp. March 3) Carpets, brown fleck 12' x 9', \$70. Blue and cream with 6' x 9' border, \$60. Call 252-7186.

(Exp. March 3) Sofa and Love Seat (Six months old, endured no pets or smoking), silver futon/couch, hunter green lamp, small black TV stand, hunter green and white checkered valances, Call owner for price at 252-8202.

(Exp. March 3) Five carpets (brown, white, rose, floral and gray). Many baby items. Wood table w/chairs. Call owner for price at 252-8202.

is coming soon to Sasebo



HOME BUSINESS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

English teacher for all ages. Bachelor's degree holder trained in tutoring English. Flexible hours. Please call Rebecca @ 0903-736-

English lessons offered. Can give in my home or yours. Very flexible.

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080 52017164 or ext.7302.

Several locals interested in meeting learning partners; you share a

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged. </pre

Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.



American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email rinasilverman@hotmail.com or call 080 5211 0174 to set up a

Exerienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Pacific Pixels Studio has gone digital! \$75 includes a photo session of up to 150 pictures, a CD of all photos taken and 1, 8x10 portrait. From casual and glamour to kimono. Film photo sessions start at \$35 for 24 pictures. Call for an appointment for a professional and personable experience at an affordable price. 252-7158 or 090 4515 7655 or e-mail <shirleypix@yahoo.com>.

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

Language Instructor-Japanese or English, private and group rates Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web atwww.mdohotography.net

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

Piano Instructor, four year degree in Music, four years experience. Children and adults welcome. Flexible schedule. Call Kristina at 252-8310 or 080 3223 8943.

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090 5731 5744 or visit us at www.photographybyferna.com

Authorized after hours AmeriCable Salesman/Installer. Base housing, BEH and BOH. Call 080-5246-2643 or 0956-24-5260 for price quotes. Free Installation. Ask for Jonathan Beaston, authorized AmeriCable contractor.

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G @ 252-8454.

University of Phoenix

Get your Masters of Management with the University of Phoenix. If you are dedicated, have the enthusiasm to reach career and education goals and a drive to better your future, contact the University of Phoenix. Must have BA/BS and the desire to know more. Contact Kim Arthur at the University of Phoenix at 252-3044, Monday-Friday, 7:30 a.m.- 4 p.m. Classes start Mar. 9. Kim Arthur

University of Phoenix Program Coordinator/Sasebo Japan Kim.Arthur@phoenix.edu 252-3044

fax: 252-3043 comm: 011-81-956-50-3044 commfax: 011-81-956-50-3043

NDTA SCHOLARSHIP

The Honshu Chapter of the National Defense Transportation Association (NDTA) will award between four (4) and eight (8) scholarships, in amounts of \$250 - \$1,000, to mainland Japan high school seniors graduating in 2005. All DoDDS high school guidance counselors in mainland Japan have the application package. The deadline for submission is 13 May 05.

Please contact your high school guidance counselor for details.



WHAT'S HAPPENING?

NMCRS is looking for volunteers

Receptionist Wanted

Have you ever wanted to work for an organization whose whole purpose is helping others? Volunteering for the Navy Marine Relief Corps Society is an excellent way to build new skills and to gain the satisfaction of serving others.

Opportunities include:

Serving as the first point of contact with clients, helping to

assess needs and to matching potential programs to satisfy those needs Working with others in a warm, friendly

environment.
Setting your own hours, flexible days and

hours available Building new skills or keep current on the skills you currently possess.

Child-care and travel reimbursement provided.

Caseworker Wanted

Are you good at searching for clues and solving puzzles? The Navy Marine Relief Corps Society has a volunteer opportunity may be for you. (You will even be able to answer the age-old question: "What in the world does my LES say anyway?")

Opportunities include:

Helping to gather all relevant information

and creating budgets (The puzzle part)
Searching for solutions for financial difficulties (The detective part)

Knowing at the end of the day that you have helped out (The satisfying part)

If the above three are not enough, casework is an excellent resume builder. You will also meet new people and have a chance to challenge yourself intellectually.

Child-care and travel reimbursement provided. Confidentiality required.

Contact: Jessica Grant at 252-3366, or by E-mail at <nmcrs@cfas.navy.mil.

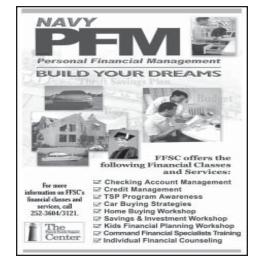
Theater Moolah Readily Available

Now you can purchase up to four different MWR Theater Moolah Gift Certificates at the Community Activities Office located at the Sailing & Outdoor Adventure Center. Moolah Gift Certificates are available for children, admission only (\$2); adults 12 years and above, admission only (\$3); a snack certificate good for a regular soda and popcorn (\$3.25); and a Combo Snack Pack gift certificate good for a soda, candy bar and popcorn (\$3). The Moolah Theater gift certificates, honored at both the Showboat and Hario Village theaters, make ideal holiday stocking stuffers or as gifts for loved ones throughout the year. They also make ideal gifts for coaches and teachers to distribute or they can be used as party gifts. Theater Moolah gift certificates are good for six months from date of purchase. For more information, call 252-3320.

Get in Shape, Stay in Shape

in their future employment.

You can start taking off those extra pounds and get in shape by participating in one or more of the free group exercise classes offered weekly at the Spare Time Recreation Center Aerobics Room. Turbo Kickboxing is offered there every Monday and Wednesday at 5:30 a.m., while Total Body Conditioning exercise classes are offered every Tuesday and Thursday at 8:30 a.m. You can join in the Multi-Step group exercise class on Wednesdays at 8:30 a.m. Core Strength and Conditioning exercise classes are held every Wednesday at 11:30 a.m. For more information, call 252-3588.





Rebuilding a season: Seabees bulldoze Wolfpack, 42-32

JOSN Jeff Johnstone

CFAS Public Affairs

Seabees are known as hard workers, constructing everything from buildings to roads during their working hours. After hours however, they decided to tear down the Wolfpack, 42-32 in Intramural basketball action Tuesday, Feb. 22 at the Fleet Gym.

The Seabees, fresh off a disappointing loss against the Showtime Monday night, set to make things right in



A member of the WolfPack (left) attempts to get around the a Seabees defender. The Seabees' defense was relentless, holding the Pack to 11 points in the second half. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

their contest against the Wolfpack.

Sam Gutierrez led the Seabee scoring attack with 15 points, and Paul Pekinas and Nafthali Perez contributed eight points each.

Defense was a big part of the Seabees win, as they held the Pack to a mere five baskets in

the second half.

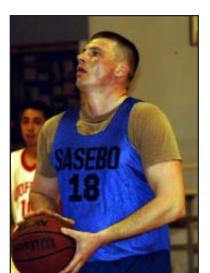
The Seabees' physical approach to defensive basketball left the Wolfpack scavenging for an answer on offense.

The Seabees dominated the paint, relentlessly grabbing the boards and opening up just enough offensive opportuninities to take control of the game.

After a see-saw first half saw the game tied, 21-21, the Seabees got

even more aggressive in the second half. Sometimes that aggression led to some fouls, but more often than not, the Seabees were able to draw fouls of their own as the Pack tried to answer the aggressive style of the Seabees.

Fouls became a major problem for the Pack in



A Seabees player gets set to take a couple of free throws after being fouled late in the second half. Pekinas contributed eight points to help lead his team to a 42-32 victory over the WolfPack. (Official U.S. Navy Photo by JOSN Jeff *Johnstone*)

the closing minutes of the game. With just under five minutes remaining, a hard foul sent Seabee Paul Pekinas to the line.

Any free scoring attempt in a tight game can be crucial, and Pekinas took advantage of the gift. The Seabees would enjoy their largest lead of the game, eight points, with just over four minutes to play.

An eight point deficit was insurmountable for the Pack, as the Seabees' defense blanketed their offense the rest of the game. Offensively, the Seabees played it smart with a ball control approach in the last ten minutes, hoping to avoid the fate they suffered against the Showtime.

Controlling the boards was paramount for the Seabees in their quest to keep the Pack from mounting a comeback. Between aggressive defense, rebounding and a keen eye for intercepting the occasional errant pass, the Seabees hung on for the win.

The Wolfpack was led by Jake Meyers who scored 12 points, including 11 in the first half, and Corey Jones, who scored four points in both halfs for a total of eight.

The win improves the Seabees record to 2-9 for the season, while the WolfPack drops to 4-6.

In other basketball action Tuesday night, the Showtime improved to 13-4 after defeating the Outlaws via forefeit. The Outlaws dropped to 12-5 and second place.

Fitness Tip: Top mistakes people make in the gym

Alec Culpepper

Fitness and Aquatics Director

The American Council On Exercise (ACE) shares the mistakes commonly made in the gym.

The all or nothing approach. Not having a full hour to exercise is no reason to skip your workout. Research show that even ten minutes of exercise can provide important health benefits.

Unbalanced strength-training programs. Most people tend to focus on certain muscles, because they have a greater impact on appearance. To achieve a strong, balanced body, you have to train all the major muscle groups.

Bad form. The surest way to get injured in a gym is to use bad form.

Not progressing wisely. Rest and gradual progression are important components of a safe and effective exercise program.

Not adjusting machines to one's body size.

Most exercise equipment is designed to accommodate a wide range of body types and sizes. It's up to you to adjust each machine to your body's unique needs.

Focusing on anything but your workout. The importance of being "mindful" of the task at hand cannot be overstated.

Not properly cooling down after your workout.

Too many people wrap up their workouts and head to the showers. Instead, take a few minutes to lower your heart rate and stretch your muscles.

Poor gym etiquette Too many times we see people working out and not returning their weights to the weight rack. It is rude at best.

Not setting realistic goals. Unrealistic goals are among the leading causes of exercise dropout.

President's 5K run results:

Male Overall

1st Place - Aaron Scrimager (SRF)

2nd Place - Billy Bunton (AFN Air Force)

3rd Place - Guy Gagui (CFAS)

Female Overall

1st Place - Jessica Austin (Security) **2nd Place** - Heather Kirkpatrick (Security)

Upcoming Sports/Events

March Madness 5-on-5 Basketball Tourney

Friday - Saturday, March 11-12

Start Time Friday 5:30 p.m. and Saturday 9 a.m. Event will be held at the Fleet Fitness Center Team entries due to the Fleet Fitness Center Office by March 8.

Double Elimination, 5-On-5 Tournament. Awards to top three Teams along with First Team Individual, MVP and Sportsmanship Awards

March Madness 5K Run

Friday, March 4 at 11:30 a.m. Race will be held in Nimitz in front of the USO in

Awards will be given to the top finishers

100,000 Steps

March 1 – April 30.

Participants need to use a pedometer to daily log their steps during the day. Pick up a log card at the fitness center to enter your steps (it only takes 1,640 steps per day to win). A coupon book good at MWR facilities will be given to the winners.

Adult Introductory Fitness Clinic

March 8 6 p.m. No charge. Hario Fitness Center

Sasebo Scoreboard

Winter Basketball Standings (as of Feb. 24, 2005)

nank	ream	win	LOSS
1	Showtime	13	4
2	Outlaws	12	5
3	Wolfpack	4	6
4	Seabees	2	9

Flag Football Standings (as of Feb. 24, 2005)

Rank	Team	Win	Loss
1	Dragons	19	2
2	Hooligans	8	10
3	Guardian	6	4
4	Wolf Pack	4	5